

# WESTFORD COUNCIL ON AGING NEWSLETTER

**JULY/AUGUST 2015**

THE COUNCIL ON AGING OFFICE HOURS ARE:

MONDAY TO FRIDAY 8:00 AM—4:00 PM

THE TELEPHONE NUMBER IS 978-692-5523.



**MISSION STATEMENT:** The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community. The Council on Aging also promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life.

## COUNCIL ON AGING STAFF

Jennifer Claro  
*Director of Elder Services*

Alison Christopher  
*L.I.C.S.W./Social Worker*

Annette Cerullo, LSW  
*Elder Outreach Coordinator*

Claire France ..... Records Supervisor  
Marjorie Hunter ..... Registrar  
Jean Mahoney ..... Registrar  
Eugene Jungbluth ..... Lead Van Driver/Admin  
Charles Dutton ..... Lead Van Driver/Dispatch  
Marie Lawrence ..... Nutrition Site Manager  
Christopher Mitchell ..... Maintenance  
Peter Murphy ..... Evening Supervisor  
Katherine Russell ..... Vol./Act. Coordinator

## COUNCIL ON AGING BOARD MEMBERS

Helena Crocker ..... Chair  
Robert Tierney ..... Vice Chair  
Nancy Cook ..... Clerk

Dorothy Hall, Patricia Holmes,  
Ret. Chief George Rogers,  
Kathryn Wilson

Edward Greenwood ..... President

## FRIENDS OF THE CAMERON OFFICERS

Richard Severyn ..... Vice President  
Joyce Cederberg ..... Secretary  
Joyce Newton ..... Treasurer  
Barbara Upperman ..... Asst. Treasurer



## GAY 90'S BOSTON POST CANE RECIPIENT THYRA NELSON RICCIARDI

Lifelong Westford resident, Thyra Nelson Ricciardi, better known as T, was born on 2/27/1916 making her 99 years old and our most senior citizen of Westford. T was recently honored in her home with the presentation of the Boston Post Cane, a replica pin, flowers and a Citation from the Massachusetts House of Representatives.

In 1909, the publisher of the Boston Post Newspaper, Edwin Grozier, had several hundred ornate, gold-tipped canes made and gave them to several towns to be presented in ceremonies to the town's oldest living person. Many towns in New England still carry on the *Boston Post Cane* tradition with the original canes they were awarded in 1909. T is an inspiration to all and we are proud to celebrate her by honoring her with the Boston Post Cane!

## CUMMINGS GRANT AWARDED



Joel Swets, Executive Director of the Cummings Foundation presenting the \$100,000. grant that is being gladly accepted by Alison Christopher, Social Worker, COA and Richard Severyn, President of The Friends of Cameron Senior Center. This funding will help our center sustain and expand the Nutrition/Wellness and Transportation programs as well as

assist in outreach efforts to those experiencing financial hardships.

I would like to thank our special program presenters for May which included: **Claire France** for spearheading the Gay 90 celebration and the **COA staff** for their support in helping in various areas of this event.

Special Congratulations to all our 35 honorees that were celebrated, special thanks to **Jodi Ross, Town Manager, John Mangiaritti, Rep. John Arciero, Rev. Jim Cann** for sharing in this special event and a great big thanks to our events sponsors **Emerson Hospital** and the **Friends of the Cameron Senior Center**. Looking forward to the summer months there are many fun things to do; come join us for the cook-outs, intergenerational program, Concord River Boat Trip, Birthday celebration, Brunch and Beads, Antique Car Show and picnic hosted by Senior Helpers and more.... See you at the Cameron, Jennifer, COA Director

### **COOKOUTS & GRILL NIGHTS**

The Cameron Senior Center invites you to sign up for our series of Cookouts and Grill Nights. We eat indoors. **Reservations are a must.** Please call 978-692-5523.

#### **INDEPENDENCE COOKOUT**

The Friends of Cameron Senior Center invite you to their Independence Cookout on **Thursday, July 2nd** with food served at 11:30 AM. We will be grilling hot dogs and hamburgers. Please bring a salad or dessert for all to share.

#### **CAMERON GRILL NIGHT**

**Thursday, July 23th from 4-6:30 PM.** Burgers and Hot Dogs served, please bring a salad or dessert to share. The cost is \$2.00 per grill night. (Grill closes at 6:00 PM). Volunteers needed for clean-up.

#### **KIWANIS COOKOUT**

The Kiwanis will host an evening cookout at the Cameron on **Tuesday, August 11th, at 5:30 PM.** Please bring a salad or dessert for all to share.

#### **REPRESENTATIVE COOKOUT**

Representative Jim Arciero will be hosting a cookout at Cameron on **Thursday, August 20th at 11:30 AM.** This is a great opportunity to meet with him.

#### **SENATOR DONOGHUE ICE CREAM SOCIAL**

Senator Donoghue will again be having an ice cream social here at Cameron in August. The day and date TBD.

#### **BIRTHDAY CELEBRATIONS**

If you have a July Birthday, please join us in the Welcome Area at the Cameron for Cake and Ice Cream on **Thursday, July 30<sup>th</sup> at 12:30PM**; August Birthdays will celebrate **Thursday, August 27<sup>th</sup> at 12:30PM**. For July and August, Birthday celebrants can enjoy a complimentary congregate lunch and /or salad bar. Please RSVP at least two business days ahead of time

so we can plan for food. RSVP by calling the Front Desk 978 692 5523.

#### **GAINING GROUND**

Gaining Ground is back! a non-profit organic farm in Concord, Massachusetts. They grow vegetables and fruit that help many communities and donates fresh food to meal programs and food pantries in the area. The food will be distributed **Thursdays at 12:30 PM at the Cameron**. All are welcome to participate in this food program.

#### **INTERGENERATIONAL SUMMER FUN DAY**

**Wednesday, August 5<sup>th</sup> at 11 AM till 1PM** Summer Fun for all ages; outdoor and indoor activities with a cook out lunch. Activities will include, Canvas Creations with Eggs and Paint, a Water Relay, Bean Bag Toss, Orange Toss, Face Painting, Cookie Decorating and BINGO! Please RSVP at least two business days ahead of time so we can plan for food. **RSVP by calling the Front Desk at 978 692 5523.**

#### **VETERANS LUNCHEON**

The Veterans Luncheon will be **August 25<sup>th</sup> at 1pm at the Cameron Senior Center** the Luncheon will be sponsored by the American Legion Post #159 and our guest speaker will be **Terry Stader** doing a presentation on the different Services provided by Veteran Services. Please RSVP at least two business days ahead of time so we can plan for food. RSVP by calling the Front Desk 978 692 5523.

#### **MINI GOLF AT KIMBALL FARM**

Come out and enjoy a round of mini-golf on **Wednesday, September 9th at 10:30 AM**. A lunch will follow with choice of hot dog or hamburger, a drink and a small ice cream. A \$17 fee includes all. Payment is due at time of registration. Register early at 978-692-5523. Arrive at Kimballs and sign in at 10:15 AM.

#### **KIMBALL GOLF TOURNAMENT**

This year, we will be having the 15<sup>th</sup> Annual Cameron Classic at Kimball's on **Wednesday, September 23rd at 9 AM**. A \$17 entry fee will include 18 holes of golf, a hot dog or hamburger, a drink and a small ice cream. This has proven to be a fun day for beginners and low handicaps alike. You may register with a partner or as an individual. Payment is due at time of registration. Please call 978-692-5523. Arrive and sign in at 8:45 AM.

#### **LUNCH & LEARN PROGRAM**

**Please RSVP for the Lunch and Learn Program at the Front Desk 978 692 5523 as soon as possible so that we can plan for food. Space is limited to 18 people.** Join us **Friday, July 10<sup>th</sup> at 12:15PM** The Mid-State Antique Auto Club will be hosting a car show at the Cameron Senior Center and a cook-out lunch to be provided by Senior Helpers. **Friday, August 14<sup>th</sup> at 12:15PM** Local Silversmith Bill Wisnowski will be teaching the differences about working with different metals as well as teaching how to make copper bangles.

Lunch is to be determined.

### **SOCIAL DANCE**

Back by popular demand, DJ Jon Mansfield will be here to entertain us on **Wednesday, July 15th from 1:30 to 3:30 PM**. Lunch will be served at 12:30 pm. Jon does his best to play a fair mix of ballroom and line dances. Cost is \$3.00 for the dance only; and \$10.00 includes Lobster roll, drink and chips. We need a minimum of 25 people to attend, so please call to sign up by Wednesday, July 8th so we have a head count. Payment may be made the day of the dance. Get out your dancing shoes!

### **\*\*DANA GOCNE DABE (Hello My Good Friend)\*\***

Come enjoy a fantastic Native American experience for all to enjoy given by Sandy Shepherd and friends. Sandy will speak about the part Native Americans played in the wars. You will have an opportunity to look at weapons, important documents and pictures as well as enjoy some other Native American talent. Program date: **Tuesday, July 28<sup>th</sup> at 1:30 PM**. Please RSVP by calling 978-692-5523. Refreshments will include fried corn bread and herbal tea.

### **CAMERON CLOSET**

Shopping hours are Monday –Friday, 9AM -3PM. All are welcomed. We are still accepting spring and summer clothing that are clean and in good condition and other household items.

### **MONTHLY MOVIE**

A movie will be shown on the third Friday of each month at 1:30PM in the Cameron Sitting Area. Please sign up at the front desk 978 692 5523. **On Friday, July 17<sup>th</sup> at 1:30PM** the movie will be **"My Fair Lady" (1964)** with Audrey Hepburn and Rex Harrison. **On Friday, August 21st at 1:30PM** the Movie will be **"August Rush" (2007)** with Freddie Highmore, Keri Russell, and Jonathan Rhys Meyers. **On Friday September 25<sup>th</sup> at 1:30PM (the fourth Friday of the month)** the movie will be **"The Bucket List" (2007)** with Jack Nicholson, and Morgan Freeman. Any movie suggestions please let Katie know by email [krussell@westfordma.gov](mailto:krussell@westfordma.gov) or call 978 399 2330.

## **VOLUNTEER CORNER**

### **Volunteer/Activities**

Please Join our Team! We are always looking for new Volunteers. If you are interested, please give Katie a call at 978-399-2330 or send her an Email at [krussell@westfordma.gov](mailto:krussell@westfordma.gov). Areas and programs that are looking for more volunteers:

**Fitness Room:** Multiple shifts available

**Cameron Closet Sales Clerk:** Seeking shifts  
Thursdays 12 PM - 3 PM

**Meals on Wheels Drivers:** A rewarding way to give back to the community. Each route takes about an hour to deliver food to the door of the Meals on Wheels clients.

**Newsletter Volunteers:** Seeking helpers to fold the newsletters.

## **FOOD PANTRY**

The Westford Community Food Pantry is located at the Senior Center and staffed by volunteers. The hours for **July & August** are as follows:

- **Monday's, July 6th & 20th; August 3rd & 17th —**  
1:00-3:30 PM
- **Wednesday's, July 1st & 15th; August 5th & 19th —**  
8:30-11:30 AM
- **Thursday's, July 2nd & 16th; August 6th & 20th—**  
8:30-11:30 AM & 6-8 PM
- **Friday's, July 10th & 17th; August 7th & 21st —**  
8:30 - 11:30 AM

The Westford Community Food Pantry is located on the first floor at Cameron.

**The Food Pantry is Seeking Donations! Please donate Non- Perishable foods that have not expired, and Please NO glass containers.**

### **A SPECIAL THANKS**

We would like to thank **Ritchie Crocker** and **Roy Philbrick** for installing two outlets for our new refrigerator and freezer for the food pantry.

### **DO YOU NEED HELP WITH THE HIGH COST OF GROCERIES?**

- If you are 60 years or older, you may qualify for food assistance. For more information call the Food Source Hotline at 1-800-645-8333.

**LUNCH** - The Merrimack Valley Nutrition Program provides anyone age 60 and over with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-692-5523 a minimum of two days in advance between 8:00 - 10:00 AM to make your reservation. The donation is \$2.00. If spouse/partner is under the age of 60, the meal cost is \$4.50.

**MEALS ON WHEELS** - Meals on Wheels clients are now offered a choice of five special diets. Along with the traditional meals, a special diet with a doctor's authorization is available. Let us assist you Monday through Friday by delivering meals to your door around noontime. Call 1-800-892-0890 to register. *Volunteer drivers wanted, call 978-399-2330.*

### **\*\*\*Elder Services Becomes the Administrator of the Merrimack Valley Nutrition Program\*\*\***

Elder Services of the Merrimack Valley is excited to announce that as of **Wednesday, July 1<sup>st</sup>** they will be the administrator of the Nutrition Program. With the change comes a new food provider, Lindley Food Service, which has been selected as the caterer. As the new administrator Elder Services aims to keep the program as whole as possible, welcoming current staff members and volunteers to join the program. Along with long standing employees and volunteers, a new Nutrition Director, Derek Anderson, has been hired to oversee the program.

Our focus is to provide great meals to elders through Lindley, supporting the staff to deliver excellent customer service and assisting our consumers with their needs! If you have any questions or concerns please, call us at



1-800-892-0890 and ask for the Nutrition Program Staff.

**SALAD BAR** - Our Salad Bar is here for the Summer! Thursdays and Fridays 11:30AM -12:15PM. The success of the Salad Bar depends on your Participation! \$2 suggested donation. **The last day of the Salad Bar is Friday, August 28<sup>th</sup>!**

## ACTIVITIES

**The Cameron Senior Center will be closed on Friday, July 3rd for the Independence Day Holiday. Confirm class dates and times with your instructors.**

**IMPORTANT NOTICE:** Thank you to the Friends of the Cameron Senior Center; Programs are now free thanks to their generosity. Please thank them and maybe consider a donation to them.

**AEROBICS with Elaine** - Classes are on Wednesday's at 9 AM and Friday's at 8:30 AM. Her classes will be on summer break; Elaine will be back starting on Wednesday, September 16th.

**\*\*New\*\*** A six week class with Carol, on **Friday mornings from July 10th thru August 14th at 8:15**

**to 9 AM**, featuring 20-30 minutes of cardiovascular movement to music, followed by 5-10 minutes of muscle conditioning, followed by stretch and cool down. The entire workout will be done standing. No mat is required. All levels are welcome.

**ART-OPEN STUDIO** - Any person who paints in oils or watercolors is welcome to join our open group on **Mondays, from Noon to 3 PM.**

**UPBEATS BAND MUSIC** - If you love music, play an instrument and want to have fun, come join the Band on **Tuesday mornings from 10:15—11:30 AM.** Hope to see you there!

**BILLIARD TABLE** - Billiard table available for your enjoyment **Monday through Friday 8 AM - 3:30 PM.** Players are available on Mondays & Fridays if you would like to come and partner up.

**BINGO** - **Monday's, 1–3 PM & Thursday's, starting at 6:45 PM**, doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322 in advance.

**BONE BUILDERS** - Morning classes are on **Monday and Wednesday at 9:30 AM.** Afternoon classes are on **Tuesday and Thursday at 1 PM.** Please call 978-692-5523 to enroll in this program that can help you with balance and strength building. When you call ask for a form and then stop by to complete the paperwork prior to starting a class.

**BOWLING** - **Wednesdays, at 9:00 AM** at Brunswick Lanes in Lowell. Call Jack at 978-692-7889 for more information. Looking for 3-4 people to form another team. There is a fee to bowl.

**MEN'S BREAKFAST** Men's Breakfast will be on summer break until September. Enjoy sleeping late on the second Tuesdays in July and August! We look forward to seeing everyone back on **September 8<sup>th</sup> at**

**8AM.** Don't forget to RSVP at least two business days ahead to 978-692-5523 or to [achristopher@westfordma.gov](mailto:achristopher@westfordma.gov).

**WOMEN'S BREAKFAST** - The votes are in the Woman's Breakfast Series will continue to be at 8am starting the 2015 series. Please RSVP at least two business days ahead of time so we can plan for food. RSVP by calling the Front Desk 978 692 5523. **Gail Johnson, BSN, R.N. Public Health Nurse at the Westford Health Department** will be presenting a program on Fall Prevention and Healthy Living in Older Adults. This program will go over consequences of falls and the safety precautions you should take to prevent them. This talk will also address topics related to healthy living including needed vaccines and medication safety. Please join her on Thursday, **September 10th at 8:00am** at the Woman's Breakfast at the Cameron Senior Center.

**INTRO-COMPUTER** - If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will be called by our instructor Mary Eve to set up a time for your instruction. We have WiFi.

**CHAIR MOVEMENT EXERCISE** - **Tuesday's , 10:15—11:15 AM and Thursday's 10:00—11:00 AM.** This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity. Hand weights and stretch bands may be used and are provided as well as optional for the participant. Our instructors are Jo and Carol.

**CRIBBAGE** - This game minded fun group meets every **Wednesday from 1 to 3 PM.** Come join us!

**DARTS** - The Dart board is set up in the Billiard Room for your enjoyment, when ping-pong is not in use.

**FITNESS/STRENGTH TRAINING ROOM** Come join the 490+ seniors who are getting fit the Cameron Way! The Fitness Room hours are **Monday - Friday, 8 AM- 3:30 PM.** Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form. Annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration forms are available at the Cameron Front Desk. You may be eligible for reimbursement through your insurance. There is a Fitness Room fee.

**GENEALOGY WORKSHOP** - Whether you're stuck on finding information on a distant ancestor or just starting your family tree, genealogists Patti, Dave and Bob will help you at a one-on-one genealogy workshop. Starting in September please contact the Cameron Senior Center front desk at 978-692-5523 to make arrangements for your one-on-one workshop in the Computer Room at CSC at a time mutually agreeable to you and one of these genealogists. **Coming on Thursday, September 17th at 10 AM** a genealogy presentation given by our resident Genealogist. Call to sign up at 978-692-5523.

**HAND AND FOOT** A variation of Canasta. Come play this fun game every **Thursday from 1—3:30PM**. We have a great time and would welcome new players.

**KNITTING-BUSY FINGERS** - New participants are always welcomed! This group meets every **Monday & Wednesday in the Welcome Area from 1-3 PM** to make knitted and crocheted items. Great conversation; bring your project and come join us!

**ASK THE LAWYER** - Free legal service provided by the office of Attorney's Madge & Johnson is available to all Westford seniors age 60 and over by appointment only. The next date is **Tuesday, July 7th at 9:30 AM**. Please call 978-692-5523 to reserve a time.

**MUSIC MAKERS** Will be off for the summer, but will resume on Friday's from 9 to 10:30 AM on Sept. 18th.

**PING PONG** - Ping Pong is actively happening on **Fridays at 10 AM**. Come join the other players for some light hearted competition!

**QUILTING CLUB** - The Cameron Quilters are a group of dedicated quilters who make and donate comfort quilts for elders and children. Stop by and join them on **Monday's at 9:30 AM**. All skill level quilters are welcome.

**MEET THE REALTOR** - Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron on **Monday's, July 13th & August 10th at 10:00 AM**. Please sign up by calling 978-692-5523.

#### **RESTAURANT REVIEW**

Be sure to mark your calendars for our next outings on **Wed. July 29<sup>th</sup> 11:30 a.m. at Fish Bones, 34 Central Square, Chelmsford** and **Wed. August 26<sup>th</sup>, 11:30 a.m. at Good Thymes Restaurant 1278 Gorham St, Lowell**. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit

**T'AI CHI** - Classes are on **Monday's at 1 PM** and are opened to new participants each week. Please call and register at 978-692-5523.

#### **\*\*NEW\*\* WALKING CLUB**

The Outdoor Walking Club is on Monday Mornings at 9AM. Meet in the front lobby of the Cameron. Wear your sneakers and bring water.

#### **Wii**

Will games are taking place on **Friday's at 1 PM in the computer room**; so if you are interested in participating and partnering up please come and join us! The Wii is available at other times as well.

**GENTLE STRETCH YOGA** - Gentle Stretch Yoga is a modified series of traditional poses, which can be done by almost anyone—of any age or ability. Our instructor is a certified yoga and older adult fitness instructor. This weekly class is held on **Tuesdays from 9-10 AM** and **Wednesdays from 1:30-2:30 PM**. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up.

**BASIC ZUMBA** - Basic Zumba is a great way to get moving and have fun. Join Carol our instructor on **Tuesdays at 8:15 AM and Thursdays at 9:00 AM**.

### **MEDICAL INFORMATION**

**PRESCRIPTION ADVANTAGE** - Do you need help with prescription drug costs? Prescription Advantage may be your answer. Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. There is no charge for joining Prescription Advantage, if you have an annual income less than \$35,011 for a single person and \$47,191 for a married couple. (There is no asset limit!) For more information call your Senior Center (978-692-5523) and ask for a SHINE appointment.

To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit their web-site at: [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

*The money you save can be your own!*

**SHINE** - If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions, please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled dates are **Monday's July 13th & August 10th at 1 PM**.

**FITNESS REIMBURSEMENT** - As an incentive for people to get fit and stay healthy many health insurance companies offer a Fitness Rebate up to \$150. for participating in an approved fitness center. The Westford COA is an approved center for several insurance companies, please check with yours. You need to contact your insurance company by phone or on line to get the Fitness Rebate Form, complete it with proof of your membership to a fitness center and proof of payment and submit it for the previous year's fitness. Most companies have a deadline of early spring so now is the time to submit for your rebate.

**PODIATRY CLINIC** - Our podiatrist, Dr. Aileen Gregorian will be at the Senior Center on **Monday, July 13th at 9:30 AM. The cost of the clinic is \$30**. Appointments are necessary; please call 978-692-5523.

**BLOOD PRESSURE & MORE** - These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at the Senior Center the dates and times for **July and August** are:

- Second Tuesday's of the month, **July 7th & August 11th 9:00 - 10:00 AM** with the Board of Health.
- Fourth Monday's of the month, **July 27th & August 24th 8:00 AM** with Circle Home, Inc. on the second floor at Cameron.

**BOARD OF HEALTH CLINIC** - Hearing/Hearing Aid Screening - **Monday's, July 13th & August 10th from**

**9:30 - 11:30 AM.** Location: Cameron Senior Center. Appointments only. Call the Board of Health at 978-692-5509 to book your 40 minute appointment with Dr. Megan from HearSmart Audiology located in Littleton, MA.

### **TRANSPORTATION**

Save gas and utilize Cameron's transportation! For your everyday rides call 978-399-2322 to reserve your seat on a van for your medical or social appointments! Every Wednesday we pick up around town for Market Basket, please call ahead! The cost for a round-trip ride within Westford is \$3, for surrounding towns is \$6, and \$8 for out-lying towns. Should you need to cancel the day of your transport, please call the front desk at 978-692-5523.

### **FINANCIAL**

#### **T.R.E.A.D APPLICATIONS**

Tax Relief for the Elderly and Disabled applications are now available at the Cameron front desk or by calling 978-692-5523. This program was adopted by the Town in 1997 under Mass Law Chapter 60, Section 3D. The purpose of the fund is to defray the real estate taxes of people over age 65 and disabled persons of low income. Completed applications are requested by July 30th, 2015. This is an earlier timeframe than past years to allow for ample application review time. T.R.E.A.D. awards vary yearly as the funds are dependent on donations from private individuals and businesses. No Town funds are utilized. Voluntary tax deductible donations are always accepted and can be made payable to the Town of Westford T.R.E.A.D. If you have questions, please call Alison Christopher, Social Worker at 978-692-5523.

#### **OUTREACH**

It is our hope that you will make the Cameron Center a place that you regularly visit to participate in activities, fitness or simply to relax and have a cup of coffee with friends. If you are one of those that says, "I'm not old enough to go there" please know that we have many youthful seniors who attend classes, volunteer and find purpose in connecting with their peers and larger community. Amazingly, according to the National Institute on Aging, research indicates that seniors who are active, social and have a purpose in life significantly lower their risk of mortality from heart disease and diabetes by 60%! Come check us out and reap the health benefits! Feel free to contact Annette, your Outreach Coordinator anytime at 978-399-2326.

#### **CAMERON CORNER**

**Different people were asked why they enjoy coming to the Cameron Senior Center and here are their responses. If you would like to tell us why you enjoy coming to the Cameron Senior Center please call Katie 978 399 2330 or email [krussell@westfordma.gov](mailto:krussell@westfordma.gov)**

"I'm so glad I retired and found the Senior Center there is always something to do it was easy for me to acclimate to the senior center mode. Everyone is so friendly and there is so much to do I have to come back every day. The meals are fantastic, I love the Gravy."

"There is always something going on and the Cameron

Closet is a great place to shop there is good stuff for not a lot of money and I like going to the fitness room to exercise and to meet people. I love going on Trips because, you go to places you normally would not go to, try different things, eat at different places, meet new people, and you don't have to drive you just sit back and relax and have them deal with the traffic."

"To keep active with people I have known for a long time. I am a very social person; I like to be involved in doing stuff."

#### **SUPPORT GROUPS**

We are now posting several local support groups on our town website for your reference. Simply go to [www.westfordma.gov/coa](http://www.westfordma.gov/coa), click on Services/Programs and then click on Support groups for listings. If you have further questions please feel free to contact Annette, Outreach Coordinator or Alison, Social Worker at 978-692-5523.

#### **ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS**

- Support Group for Caregivers of Patients with Alzheimer's & Related Dementias meets at the Cameron Senior Center, 20 Pleasant Street on the first Wednesday of each month at 6:30 PM. For information, please contact Sandy at 978-758-6072.
- Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30 pm. For information call 978-251-8880.

**COMPANION & RESPITE CARE** - For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. For more information call the Chelmsford Senior Center at 978-251-8491.

#### **DID YOU KNOW?**

The Central Massachusetts Mosquito Control Project has an informative website at [www.cmmcp.org](http://www.cmmcp.org) about mosquito and tick protection. You can also call the office at 508-393-3055 for more information.

The following is directly from their site: CMMCP recommends you follow the **"5 D's" for mosquito protection:**

**DUSK & DAWN** Avoid being outdoors when mosquitoes are seeking a blood meal. Dusk and dawn are prime time for mosquito activity in our area. Mosquitoes may also be active anytime on cool, cloudy days.

**DRESS** When temperatures allow, wear clothing that covers your skin. Clothing with mosquito repellent impregnated materials such as permethrin may be a consideration, as may loose-fitting net-style clothing. Some studies show dark colors are more attractive to mosquitoes.

**DEET** -- DEET remains the standard by which all other repellants are judged. It is effective against mosquitoes, biting flies, chiggers, fleas and ticks. The American Academy of Pediatrics says all family members over 2



months can use DEET-based repellents with up to 30 percent concentration. Most products start out at a concentration of 5 percent (lasts 90 minutes or so) and range up to 100 percent (for approximately 10 hours of protection from bites). For an outdoor family barbecue in the evenings, a 10 percent product is fine. It will help protect from bites for nearly two hours.

**DRAIN** -- Check your home to eliminate or reduce standing water that can produce mosquitoes. Mosquitoes hatched in your back yard or on your patio will often stay close by, affecting you and your neighbor as well. Whenever possible, "tip and toss" nonessential water-holding containers.

## MISCELLANEOUS

### **GOLF**

Are you interested in playing 9 holes of golf on Tuesday mornings at Quail Ridge on Great Road in Acton? Fee is \$25 per week for 9 holes of golf and an electric cart if you pre-register at the Cameron Senior Center by calling 978-692-5523. Arrive at Quail Ridge at 8:30 AM and pay at the Club house. Be ready to hit the links by 9AM. A good way to meet other people and play a round of golf. On the following dates we will tee off at 10 AM with arrival at 9:30 AM, Sept. 8th and Oct. 13th. Call the Cameron to register your name and number. Weekly count is necessary.

### **MAHJONG PLAYERS:**

If you would be interested in learning and/or playing the tile game of mahjong please call our front desk and leave your name and number and best playing times. We will set up a time that works best for most that show interest. Please call 978-692-5523.

### **BEGINNING WATERCOLOR CLASS**

A six week art class through Roudenbush will be offered at the Cameron Senior Center starting September 17 – Oct. 22<sup>nd</sup>. Classes will be held on Thursdays from 10-12 and the total cost is \$15. **Please call Roudenbush to sign up at 978-692-5511.**

### **MEMOIR WRITING**

If interested in a Memoir Writing class, please sign up at the front desk at 978 692 5523 and we will determine based on strong interest, when a class will start. The Class will be twice a week for one month. You will be notified when the start date is.

### **DE CLUTTERING GROUP INQUIRY**

Are you struggling with how to downsize your possessions? Do you feel overwhelmed by clutter? Would you like to learn to be more organized and to discard things that you no longer need? We are considering starting a de-cluttering support group with an experienced group leader. If you would be interested in participating in this type of a support group, please call and leave your name at the front desk 978-692-5523. If there is sufficient interest, we will work on scheduling it.

**BREAKFAST** - A healthy nutritious breakfast is now

available Monday-Friday from 8:30 9:30 AM at Cameron. The breakfast includes oatmeal, muffin, milk and juice. Breakfast to go is also available throughout the day by stopping at the front desk. We ask that you sign in so we can track the usage. Limit one breakfast per person per day.

**"ASK THE OFFICER"** - Westford Police Department Family Services Detective, Nirisa Nicoletti, will be available for consultation at Cameron on the **2nd Thursday of each month from 11AM to 12 Noon**. She will be here on **July 9th & August 13th**. You may call 978-692-5523 for an appointment or walk-in.

**VETERANS SERVICES** - Meet with the Westford Veterans' Agent/Veterans Service Officer, Terry Stader on Thursdays between 8 AM and noon at the Cameron Senior Center. His regular office is located in the Millennium Building behind Abbot School located at 23 Depot Rd and is open Monday thru Thursday, 8:00 AM until 4:00 PM. Fridays by appointment only. Call 978-392-1170 or visit <http://westfordma.gov/veterans> for more information.

**WISH LIST** - Stove top tea kettle, napkins and a pan/ bowl scraper.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

 <p><b>2015</b></p>		<p><b>1</b></p> <p>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM Alzheimer's Sup. 6:30 PM</p>	<p><b>2</b></p> <p>Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Friends Cookout 11:30 AM Bone Builders 1 PM Hand &amp; Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM</p>	 <p><b>3</b></p> <p><b>CLOSED INDEPENDENCE DAY HOLIDAY</b></p>
<p><b>6</b></p> <p>Breakfast 8:30-9:30 AM Walking Club 9 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM</p>	<p><b>7</b></p> <p>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Blood Pressure 9 AM Ask the Lawyer 9 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM</p>	<p><b>8</b></p> <p>Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</p>	<p><b>9</b></p> <p>Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Ask the Officer 11AM Salad Bar 11:30 AM Bone Builders 1 PM Hand &amp; Foot 1 PM Bingo 6:45 PM</p>	<p><b>10</b></p> <p>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:15AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 1:30 AM Lunch &amp; Learn 12:15 PM Wii 1 PM</p>
<p><b>13</b></p> <p>Breakfast 8:30-9:30 AM Walking Club 9 AM Hearing Clinic 9:30 AM Podiatry Clinic 9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Meet the Realtor 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM SHINE 1 PM Bingo 1 PM</p>	<p><b>14</b></p> <p>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM</p>	<p><b>15</b></p> <p>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM Social Dance 1:30 PM</p>	<p><b>16</b></p> <p>Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM Bone Builders 1 PM Hand &amp; Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM</p>	<p><b>17</b></p> <p>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:15AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 1:30 AM Wii 1 PM Movie 1:30PM</p>
<p><b>20</b></p> <p>Breakfast 8:30-9:30 AM Walking Club 9 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM SHINE 1 PM Bingo 1 PM</p>	<p><b>21</b></p> <p>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM</p>	<p><b>22</b></p> <p>Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</p>	<p><b>23</b></p> <p>Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM Bone Builders 1 PM Hand &amp; Foot 1 PM Grill Night 4 PM Bingo 6:45 PM</p>	<p><b>24</b></p> <p>Breakfast 8:30-9:30 AM Aerobics 8:15AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1 PM</p>
<p><b>27</b></p> <p>Blood Pressure 8 AM Breakfast 8:30-9:30 AM Walking Club 9 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM</p>	<p><b>28</b></p> <p>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Native American Presentation 1:30 PM</p>	<p><b>29</b></p> <p>Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</p>	<p><b>30</b></p> <p>reakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM July Birthday 's 12:30PM Bone Builders 1 PM Hand &amp; Foot 1 PM Bingo 6:45 PM</p>	<p><b>31</b></p> <p>Breakfast 8:30-9:30 AM Aerobics 8:15AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1 PM</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Breakfast 8:30-9:30 AM Walking Club 9 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	<b>4</b> Basic Zumba 8:15 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM	<b>5</b> Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Bone Builders 9:30 AM Intergenerational Day 11 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM Alzheimer's Sup. 6:30 PM	<b>6</b> Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM Bone Builders 1 PM Hand & Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM	<b>7</b> Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:15 AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1:00 PM
<b>10</b> Breakfast 8:30-9:30 AM Walking Club 9 AM Hearing 9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Meet the Realtor 10 AM Art/Open Studio 12 Noon SHINE 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	<b>11</b> Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Men's Breakfast 8:00 AM Gentle Yoga 9 AM Blood Pressure 9:00 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Kiwanis Cookout 5:30 PM	<b>12</b> Breakfast 8:30-9:30 AM Aerobics 9 AM Bone Builders 9:30 AM AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM	<b>13</b> Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM Bone Builders 1 PM Hand & Foot 1 PM Bingo 6:45 PM	<b>14</b> Breakfast 8:30-9:30 AM Aerobics 8:15 AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Lunch & Learn 12:15 PM Wii 1:00 PM
<b>17</b> Breakfast 8:30-9:30 AM Walking Club 9 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	<b>18</b> Breakfast 8:30-9:30 AM Basic Zumba 8:15 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM	<b>19</b> Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM	<b>20</b> Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Ask the Officer 11AM Rep. Arciero Cookout 11:30AM Bone Builders 1 PM Hand & Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM	<b>21</b> Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1:00 PM Movie 1:30 PM
<b>24</b> Blood Pressure 8 AM Breakfast 8:30-9:30 AM Walking Club 9 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	<b>25</b> Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Veterans Luncheon 1PM Bone Builders 1 PM	<b>26</b> Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM	<b>27</b> Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM August Birthday 's 12:30 PM Bone Builders 1 PM Hand & Foot 1 PM Bingo 6:45 PM	<b>28</b> Breakfast 8:30-9:30 AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1:00 PM
<b>31</b> Breakfast 8:30-9:30 AM Walking Club 9 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM				

## COUNCIL ON AGING

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#### DAY TRIPS

Call 978- 692-5523 for reservations and information on the following trips. Payment is due upon signing up for a trip. Make all checks payable to ‘Town of Westford’. Please, only register for self and spouse/ companion for the trip. Transportation departs and returns from the rear parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.

**Tuesday, July 14th, “Boston Ducks”**, Featuring the same Ducks used in the Victory Parades for the World Champion Boston Red Sox, New England Patriots and Boston Bruins. Depart from the Franco at 9 AM on your luxury Silver Fox Coach. Tour Boston Common, view the Public Gardens. You can take a Swan Boat Ride (on your own). Next you are off to Quincy Market, where you can enjoy lunch (on your own) or a short walk to the famous North End. This afternoon you will take a narrated tour on one of the famous Ducks, where your narrator will point out all the Boston sights. Arrival home at 5PM. The all inclusive cost, including driver gratuity is \$72. p/p. Please call 978 692 5523 to register.

**Tuesday, August 4th “Twin River Casino”**- Join in for the fun! Twin River has all the casino amenities you could want. The tour includes: \$7 Food Credit, \$10 Cash and a delicious full course buffet. The fee is \$30, which includes driver gratuity and is due at the time of sign-up. Please call 978-692-5523 to register.

**Friday, August 7th “Concord River Boat Cruise”**  
**We will meet at the Cameron Senior Center and depart on the Van from the Center at 12PM.** The Cruise is 1 hour and 15 minutes boat ride along the Concord River and a choice of a Chicken salad, Tuna salad, sliced Turkey, or Ham and cheese lunch for **\$30. Please RSVP by August 1st** so we can plan for food. Please call 978-692-5523 to register.

**Tuesday, August 11th “Rhode Island Light House Tour”** Your trip will include a round-trip motor coach transportation provided by Card Tours and Travel. Lunch at Quonset O Club with Entrée choices of New England Bake Scrod, Chicken Cutlet with Lemon or Chicken Parmesan, all served with Rolls, Salad, Vegetable, Desert Coffee or Tea. Then you will travel on a 90 minute narrated Lighthouse Cruise and will see 10 different Lighthouses. The all inclusive cost, including driver gratuity is \$79 p/p. Please call 978 692 5523 to register.

**Tuesday, September 29th, Fox Tours Presents “New York’s 9/11 Memorial & Museum Trip”**. The all inclusive trip cost is \$102. More information to come in the September Newsletter.